

French Toast⁶⁵

Number of Servings: 65 (115.23 g per serving)

Amount	Measure	Ingredient
65.00	ea	Eggs, whole, raw, lrg
3 1/4	cup	Milk, 1%, w/add vit A & D
6 1/2	tsp	Flavor, vanilla extract
2.00	tsp	Spice, cinnamon, ground
130.00	pce	Bread, whole grain, slice
130.00	svg	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts			
Serving Size (115g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 210mg			70%
Sodium 330mg			14%
Total Carbohydrate 25g			8%
Dietary Fiber 3g			12%
Sugars 6g			
Protein 12g			
Vitamin A 6%		Vitamin C 0%	
Calcium 8%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Beat together eggs, cinnamon, vanilla & milk. Heat frypan and spray with nonstick spray. Dip each slice of bread into egg mixture and then place in frypan to brown on each side. Serve hot.
Each serving = 2 slices French Toast = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.